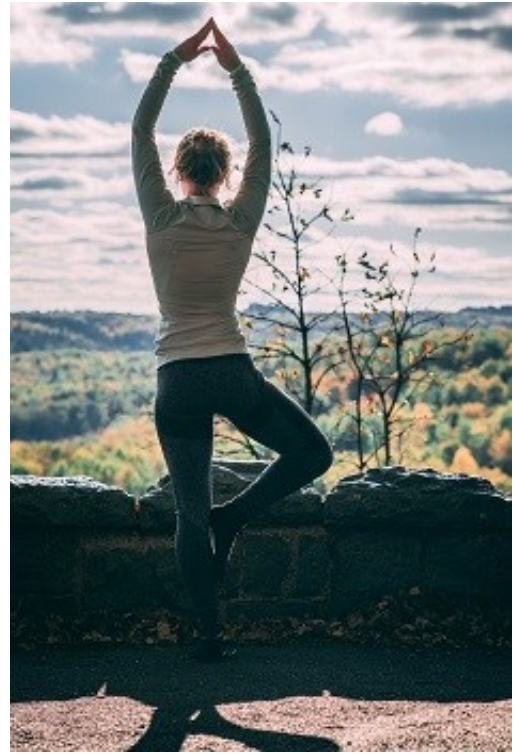


# STOP JUGGLING

## *Achieve Balance*

Take a moment to reflect on these tips, and get your life in balance.

1. **Slow Down.** Life is too short to let things pass you in a blur. Take steps to stop and enjoy the things and people around you. Schedule more time between meetings, don't make plans for every evening or weekend, and find some ways to distance yourself from the things causing you the most stress.
2. **Learn to better manage your time.** For many people, most of the stress they feel comes from simply being disorganized. Set more realistic goals and deadlines, and then stick to them. You will find that not only are you less stressed, but your work will improve.
3. **Share the load.** Even though you feel we are the only ones capable of doing a job, it is usually not the case. Get your partner or family members to help you with all your responsibilities. Taking care of the household, children, or parents should not be the responsibility of just one person.
4. **Learn to let things go.** So what if the dishes don't get washed or the house doesn't get vacuumed. Learn to recognize the things that don't have much impact in your life, allow yourself to let them go, and don't beat yourself up for doing so.
5. **Explore your options.** If you are feeling overwhelmed with your family responsibilities, get help if you can afford it. Find a sitter for your children, explore options for aging parents, and seek counseling for yourself. In many cases, you have options.
6. **Take charge.** It is easier for us to feel overwhelmed rather than taking charge and developing a prioritized list. Develop a list, set priorities, and then enjoy the satisfaction of crossing things off your list.
7. **Simplify.** Human nature seems to take on too many tasks and responsibilities. Find a way to simplify your life and change your lifestyle. Learn to say no to requests for help. Get rid of the clutter in your life.



Wellness